



Council Of State Employees



Fall/Winter 2004

Congratulations to all Nominees for the 2004 Governor's Award of Excellence

Laurie Albright*

Job Service North Dakota - Fargo

Jim Bryn

NDSU – Facilities Management – Fargo

Tammy Celley*

Department of Agriculture – Bismarck

Deanna Claire

Job Service North Dakota – Fargo

Mark Diede

North Dakota State Hospital – Jamestown

Kathleen Erickson

West Central Human Service Center/DHS – Bismarck

Sandra Erickson

NDSU – Vet & Micro Sciences - Fargo

Pat Fredrickson

NDSU – Intercollegiate Athletics – Fargo

Faith Hanson & Pauline Nelson

NDSU – Facilities Management – Fargo

Neil Howe

North Dakota Division of Independent Study – Fargo

Keith Kilber

Job Service North Dakota – Dickinson

Gloria Larman

Developmental Center/DHS – Grafton

Kathy Larson*

Developmental Center/DHS – Grafton

Erin LaVenuta

Southeast Human Service Center/DHS – Fargo

Marcia Peterson

West Central Human Service Center/DHS – Bismarck

Linda Pouliot

Job Service North Dakota – Beulah

Tammie Reger

NDSU – Provost & Vice President for Academic Affairs – Fargo

Linda Schindler

NDSU – Residence Life – Fargo

Dr. Maryann Sens

UND Medical School – Grand Forks

Tim Singelmann*

NDSU – Heating Plant - Fargo

Merle Skunberg

NDSU – Cereal & Food Sciences – Fargo

Jean Sticka

Job Service North Dakota – Dickinson

Jerome Suchor

NDSU – Towner State Nursery - Towner

Carol Tschakert

NDSU – Information Technology Services – Fargo

Pamela Weishaar

Job Service North Dakota – Bismarck

Molly Ann Wiesen

Developmental Center/DHS – Grafton

David Zentner*

Department of Human Services – Bismarck



Pictured from Left to right: David Zentner, Laurie Albright, Kathy Larson, Governor John Hoeven, Tim Singelmann, Tammy Celley.

* 2004 Winners

Message from the Governor

On behalf of all North Dakotans, I would like to take this opportunity to thank you for your hard work and dedication to public service. You play an important role in moving our state forward.



Governor John Hoeven

During State Employee Recognition Week, September 13-17, state employees were recognized for their strong work ethic and team spirit in providing superior customer service. I had the honor of presenting five individuals with the Governor's Award for Excellence in Public Service for their exceptional distinction in serving the people of North Dakota. Congratulations, again, to David Zentner, Kathy Larson, Tammy Celley, Tim Singelmann and Laurie Albright.

In addition to serving the citizens of North Dakota, state employees are dedicated to making a difference in their local communities by

giving of their time and resources. The 14th annual Council of State Employees shelter supply drive is a testament to that dedication. This year, state employees donated more than \$33,000 in supplies and funds, exceeding the \$24,000 goal and breaking a 14-year record. As a result of your generosity, 10 shelters and organizations throughout the state received the donated supplies.

Thank you for all that you do each day to make a difference in the lives of our citizens. Because of your contributions, North Dakota continues to be a great place to live, work, visit and conduct business.

Message from President Senne

COSE Clothing

available online at

<http://www.state.nd.us/cose/cloths.htm>

Congratulations to the five finalists who won the Governor's Award for Excellence. It must be a great feeling to be nominated by your fellow peers for this prestigious Award. Every COSE meeting we try to meet at a different location throughout the state. For the July meeting, we met at the Dickinson Research Extension Center ranch headquarters, which is

about 25 miles north of Dickinson, near Manning, ND. This ag research ranch has a dedicated staff working year round performing agronomy, range, horse and cattle research. One of the projects that we could physically see being done was the nutrition study that they were conducting on 2-year old horses. The Center also had vet students from KS, IA, MN, MT and ND working as interns on a bio-security radio frequency electronic identification project. Thanks again, for the wonderful food and great and interesting tour.

Dave Senne
COSE President

Please check the
COSE website for
upcoming clothing
specials.



COSE Board at July board meeting.

Region VII's Shelters and Food Pantries Benefit from State Employee Generosity

During State Employee Recognition Week, the Fourteenth Annual COSE Shelter Supply Drive surpassed the goal of \$24,000 in product and cash on collection day – September 17th. End of day calculations showed nearly \$33,500 in product and monetary donations. The Missouri Valley Coalition for Homeless People, Inc. is responsible for disbursing the \$1,586 in cash. Donations from Bismarck/Mandan area state employees went to ten domestic violence shelters, homeless shelters, and food pantries from Beulah, Garrison, Washburn, Mandan, and Bismarck. Expressions of thanks were warmly exchanged as volunteers helped load the recipients' vehicles with the boxes of goods.

Collection day had a team of around fifty volunteers to sort; count and record; re-sort for distribution; price out the goods; and clean up the area. The West

Wing of the Capitol building became energized with activity. The floor and tables were covered with piles of paper products; canned goods; staple foods; and full boxes of soaps, shampoos, over 800 toothbrushes, and other personal care products. Especially gratifying was exceeding \$14,600 in over-the-counter medicines and personal care products.

The shelters and food pantries are very appreciative of the state employees who made this outstanding effort. This kindness benefits many homeless as well as struggling individuals and families. Most of the food pantries have very low inventory at this time of the year. A warm thank you goes to the Bismarck-Mandan state employees for contributing to this worthy cause.

Committee Member
Barb Serr
Job Service North Dakota



Pictures from top to bottom: 1.) Volunteers sorting products; 2.) Sorted products waiting to be picked up. 3.) Volunteers help a shelter with loading.

Winter Reminders

Yes, It's getting to be that time again.....Soon winter will be upon us, and we can be a little more prepared, if we remember to travel with our winter survival kits. If you use a state vehicle, please remember to bring your own survival kit. The state motor pools furnish shovels, ice scrapers, and a cord to plug the car in when temps get below zero. If you would like a road report, please call 511, listen for instructions, then select state and route, then select road segment

for which you need conditions. It's that simple.

When winter strikes, slow down a little, there is less traction on wet or snowy roads. Ice can build up on bridge decks and overpasses, be extra careful. Check your tires before you leave and when you gas up, this won't take long. A good idea would be to bring along 2 coffee cans, a candle, candy bars, granola bars, water, and a blanket. Use one can for refuse, and one for the candle. Don't for-

get matches, and warm clothes. A few precautions ahead of time will help you have a safe trip.

Please have a good winter, stay warm and safe.

Mike Roehrick, State Fleet Services.



Identifying a Stroke or Heart Attack

IS IT A STROKE?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, this lack of awareness can spell disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- Ask the individual to smile.
- Ask him or her to raise both arms.
- Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

This might be a lifesaver if we can remember the three questions!

HOW TO SURVIVE A HEART ATTACK WHEN ALONE:

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

For more information please see the websites below:

American Stroke Association —
www.strokeassociation.org

American Heart Association —
www.americanheart.org

American Lung Association —
www.lungusa.org



Fish Award Nominees

Catch The Spirit!



3rd Quarter Nominations:

Darlene Ihrke, UND;
Brenda Elijah, ND Veteran's Home;
Linda Kraft, ND School for the Blind;
Jaelyn Splichal, Badlands HSC;
Tom Bremer, NDSU;
Candace Skaug, NDSU;
Barbara Welk, NDSU;
Sharon Morgan, NDSU;
Karla Thoennes, NDSU;
Karen Tescher, DHS;

Terry Peterson, DHS;
Kathy Paul, DHS;
Tanya Grey Eagle, DHS;
Melissa Hauer, DHS;
Tara Hofmann, DHS;
Salina Kiebs, DHS;
Kristin Love, WCHSC;
Angie Dubovoy, WCHSC.;
Bill Marsh, DHS;
Twyla Lee, DHS;
Carol Olson, DHS;
Tina Freidt, DHS;
Lee Bjerklie, DHS.

Congratulations to the 2004 3rd quarter winner, Candy Skaug.
She will receive a COSE t-shirt.

Fish Awards

Friendly
Initiative
Smile
Helpful



Developed by the State COSE Board of Directors, the Fish Award:

- ❖ Symbolizes excellence in customer service,
- ❖ Recognizes employees who promote customer service in state government,
- ❖ Acknowledges employees who model excellence in customer service to other fellow State Employees,
- ❖ Exemplifies the standard "We all have a customer; we all provide service to others," and
- ❖ Recognizes employees who understand that "Providing customer service is part of our job."

For more information on this award, or to nominate someone, contact your COSE representative. All nominations must be received by January 7, 2005 to be eligible for the fourth quarters award. Nomination forms can be found on the web at www.state.nd.us/cose/ or from your COSE representative.

This newsletter is published three times a year by the North Dakota Council of State Employees (COSE). State employees are encouraged to submit articles or information about their agencies or institutions to their subgroup listed below. Any comments and concerns should also be directed to your subgroup chair listed below. Editorial Board: COSE Board of Directors. Publisher: Tina Freidt, 600 East Blvd. Ave, Bismarck, ND 58505

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Williston

VACANT

WE'RE ON THE WEB
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